Downloaded from www.Manualslib.com manuals search engine

hours

Jogman

Contents

I. MODELS & FEATURES : 1

II. BUTTONS & OPERATIONS: 1

A. Function Button: 1

B. Reset Button: 2

C. Clock Settings 2

D. Milestone/Goal Beeper Functions 2

D.1. Milestone Beeper 2

D.2. Goal Beeper 3

D.2.1. Time Goal Setting 3

D.2.2. Distance Goal Setting 3

E. Distance settings : 3

III. SETTING YOUR OWN STRIDE LENGTH 4

IV. BEGIN YOUR WALK OR RUN 4

V. USING THE RADIO 5

VI. CARE AND MAINTENANCE 5

VII. CHANGING THE BATTERY 6

VIII. LIMITED WARRANTY 6

Downloaded from www.Manualslib.com manuals search engine

I. MODELS & FEATURES :

a. 12 Hr clock

b. Stopwatch for Elapsed Exercise Time

c. Steps, Average Speed and Distance

d. Independent Walk/Run Settings

e. Milestone and Goal Alarm

f. Digital FM Radio

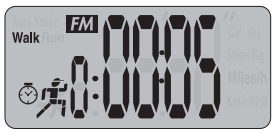
g. Shock Resistant-Rubber Trim Casing

II. BUTTONS & OPERATIONS:

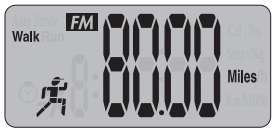
A. Function Button:

The Function button is used to switch JogMan to different modes, JogMan begins in the TIME mode after powered up:

Time display



Stopwatch (indicated the elapsed time of your exercise)



Distance Indicated by Miles(M)

or

Kilometres(KM)

Steps (indicated the total steps you take during exercise)

Average Indicated by Miles/hr

or

Km/hr)

Speed

Downloaded from www.Manualslib.com manuals search engine

You can switch between each mode any time before, during and after your exercise without affecting the accuracy of JogMan.

B. Reset Button:

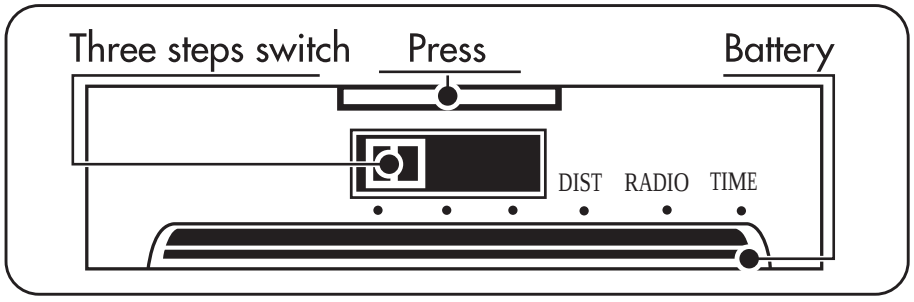
Press only when you want to clear your results. This is referring to the results of the Steps, Stopwatch and Average Speedmodes. If you do not press the Reset button, the unit will show where you left off from the previous exercise period.
(Note: The stride length will not be affected)

C. Clock Settings

Press & hold the Adjust button once until the hour blinks. Adjust by pressing "+" or "-" buttons. Press Adjust button for minute setting, repeat the same procedure as for the hour. Press Adjust button once more and the time is now locked in. You can display the time whenever you wish without affecting the recording of the unit.

D. Milestone/Goal Beeper Functions

The Milestone and Goal functions can be switched to work with either Time or Distance using the 3 positions slide switch in the battery compartment. To switch these functions off, put the switch in the radio position.



D.1. Milestone Beeper

Once enabled, this function will beep every half-hour or half a mile to remind the user. The unit uses a series of different notes to inform the user of the progress.

Downloaded from www.Manualslib.com manuals search engine

- A low tone indicates a full Hour/Mile (KM).
- A high tone indicates a half Hour/Mile (KM).

For instance, 3 low tones and a high tone indicate the user has completed 3.5 hours or miles.

D.2. Goal Beeper

User can program a goal (either in terms of time or distance). When this goal is accomplished, the unit will sound a continuous beep for 2 seconds.

D.2.1. Time Goal Setting

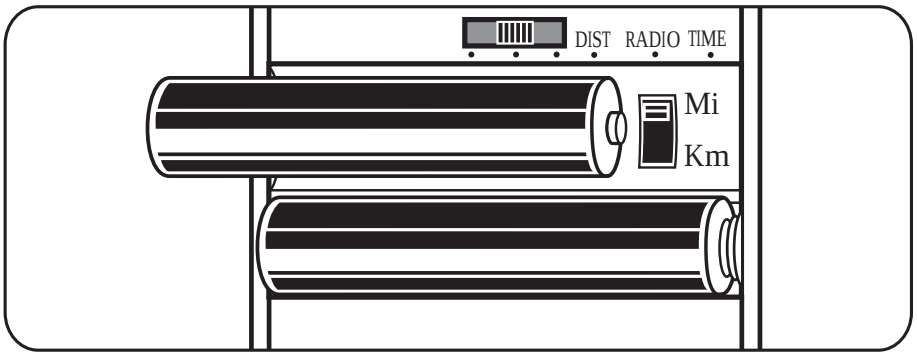
Make sure the 3-positions switch is at the Radio position. Then slide it to the Time position. The time goal setting will be displayed for 3 seconds. To change the setting, hold down the Adjust button during the 3 seconds. The goal time will start to blink and can be changed by using the "+" and "-" buttons.

D.2.2. Distance Goal Setting

Make sure the 3-positions switch is at the Radio position. Then slide it to the Distance position. The distance goal setting will be displayed for 3 seconds. To change the setting, hold down the Adjust button during the 3 seconds. The goal distance will start to blink and can be changed by using the "+" and "-" buttons.

E. Distance settings :

Turn to the back of the Jogman, open the battery door. Remove the battery, you will see a slide switch, the indication is for distance setting in Km or Miles. Select the unit to your own choice as shown below.

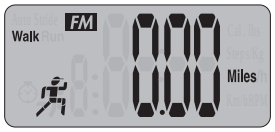


Downloaded from www.Manualslib.com manuals search engine

III. SETTING YOUR OWN STRIDE LENGTH

The preset values are 2ft(~0.6m) for Walk mode and 3ft(~0.9m) for Run mode. These averages are taken from adult males. You may enter your own walk and run stride lengths as follows:

Step 1 : Press Function button twice to enter the distance mode as shown:



Step 2 : Press and hold the Adjust button so that the display reads :

Use the Walk/Run button to choose either the walk or run distance and modify with the " +" or "-" button.

Step 3 : To exit, Press Adjust button and your stride will locked in the unit.

Note:
To determine your own stride: Measure out 25 feet, walk or run that distance with even strides. Count the no. of steps you take and divide that number into 25 feet. For example:25 feet divided by 10 steps is 2.5 or 2 feet 6 inches. Your input data should be 2'6" for your stride.

IV. BEGIN YOUR WALK OR RUN

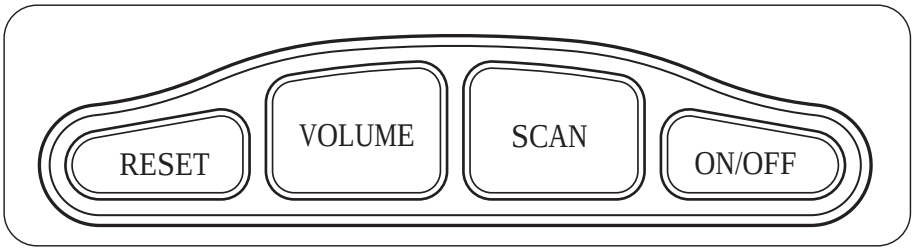
JogMan begins in the time mode after powered up. Press Start/Stop button once to go into the stopwatch mode, where it starts counting the elapsed time of the exercise and recording your distance. Press the Start/Stop button again to stop or restart.

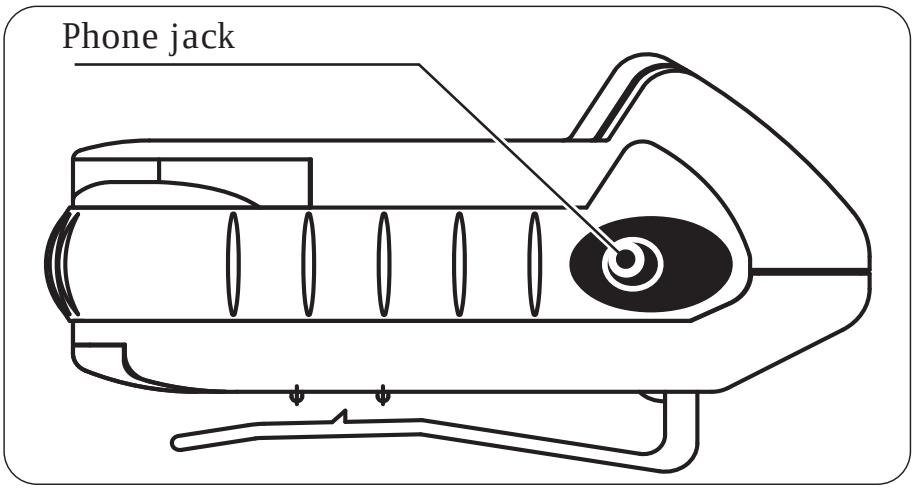
Press the Walk/Run button at any time to toggle between Walk and Run mode. This selects either the Walk or Run stride length to be used in distance calculations.

Downloaded from www.Manualslib.com manuals search engine

V. USING THE RADIO

There are four buttons to control the radio.





On/Off - An " FM " icon will be shown when the radio is switched on
Scan - Press to change to the next radio station
Volume - Press to toggle between high and low volume
Reset - Press to reset the unit to the first station

VI. CARE AND MAINTENANCE

Acumen JogMan is designed to wear as close to the centre of your body as possible (just to the left or right of your belt buckle). In order to get the most accurate results, you must read and follow the instructions completely.

- You may also walk on hard level surfaces such as road, track or walking path.
- Beware of taking irregular strides and avoid sudden or shape turns.
- Do not expose the unit to moisture or high humidity, this will reduce the battery life.

Downloaded from www.Manualslib.com manuals search engine

VII. CHANGING THE BATTERY

Push the button at the back of the unit to open the battery cover. Remove the cover and replace the battery. (Try to have new batteries installed within one minute after old ones are being removed, this will retain all the old settings.) When finish, replace the cover by hold down the button and lock it in place. You will need to re-enter your stride length and the clock as these have been erased.

Battery type: AAA alkaline battery x2
Battery Life: Approximately 1.5 years

Note:
If the unit is not operating normally or if the settings had been corrupted, use a paper-clip to activate the RESET button in the battery compartment.

VIII. LIMITED WARRANTY

Your Acumen JogMan is warranted against manufacturer's defects in materials and workmanship and against breakage and malfunction under normal use for a period of one (1) year from the date of purchase. This warranty does not cover misuse, abuse, tampering with or taking apart the product. For warranty service, you must provide proof of purchase and date of purchase, along with a check or money order for $7.50 to cover the costs of shipping and handling. Warranty is voided if repairs have been made by individuals not authorized by Acumen. Package your unit securely, Acumen is not responsible for damage or loss in shipping to us. Send your JogMate with purchase receipt and a cheque or money order to:

Acumen Inc.
101A Executive Drive, Suite 200

Downloaded from www.Manualslib.com manuals search engine

Sterling, VA 20166. USA.
www.acumeninc.com

For inquiry: Call (01)-703-904-0405 between the hours of 9am-5pm Eastern Time.

Thank you!

Downloaded from www.Manualslib.com manuals search engine